



Town of West Hartford/Elmwood Senior Center
"Elmwood Senior Center"

"GRIEVING WITH A PURPOSE"



~ Bereavement Discussion and Support ~

Thursday, August 23, 1- 2 p.m.
and

Thursday, October 25, 10:30 -11:30 a.m.



Facilitated by Pamela Hilborn, M.A.
Gerontologist, Executive Resource

No one is prepared for grief. The rush of feelings, the thoughts, anxieties, and heartache can take us by surprise and drive us to our knees. Dealing with grief is tough. It often takes both courage and hard work to successfully adapt to the loss of a significant person in your life. Yet, when we choose to harness that power to grieve with purpose, amazing things can happen. Good can come from your pain.

Sigmund Freud first brought up the concept of grief work in 1917, and today the idea that bereavement is purpose-driven continues. While each person will cope with the loss of a loved one in their own, unique way, discussion or support groups provide a place to express feelings, share experiences, and to continue the process of walking the bereavement journey. If you have had a loss that you still grieve or you would like to learn more about the topic, please join us.

FREE

REGISTRATION REQUIRED
860-561-8180

1106 New Britain Avenue, West Hartford, Ct 06110

